

# Health Matters



King County

## LET'S KEEP GOING!



 **WeightWatchers®**  
**The At Work Program**

### **Free Information Meeting**

**Date:**

**Time:**

**Place:**

**Contact the Organizer:**

### **New Series Start Date**

**Date:**

**Time:**

**Place**

## **Get Healthy. Stay Healthy.**

**visit us online:**

**[www.metrokc.gov/employees/weight\\_watchers](http://www.metrokc.gov/employees/weight_watchers)**

**e-mail: [health.matters@metrokc.gov](mailto:health.matters@metrokc.gov) — phone: (206) 684-1556**